



# The National Survey of Children's Health

Overweight and Physical Activity Among Children:  
A Portrait of States and the Nation 2005

## Virginia

All statistics are based on parental reports.

National %	State %	
14.8	13.8	Percent of children who are overweight
21.9	20.7	Age 10-11
14.4	14.3	Age 12-14
10.7	8.5	Age 15-17
22.4	26.7	0-99% Federal poverty level
19.0	14.0	100-199% Federal poverty level
13.7	17.7	200-399% Federal poverty level
9.1	7.4	400% Federal poverty level or more
18.1	17.5	Male
11.5	10.2	Female
		Percent of children who exercised or participated in physical activity for at least 20 minutes on 3 or more days during the past week
71.3	72.5	
78.2	80.0	Age 10-11
74.2	76.5	Age 12-14
63.3	62.9	Age 15-17
76.8	76.9	Male
65.6	68.1	Female
		Percent of children who were on a sports team or took sports lessons during the past 12 months
58.6	60.6	
61.5	63.0	Age 10-11
61.6	65.4	Age 12-14
53.4	53.6	Age 15-17
62.1	64.3	Male
55.0	56.9	Female
72.9	74.1	Percent of children with at least one parent who exercises regularly